



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Rolf, Jesko

Club: Ennigerloh

Number: 623

Course: 5.00 km

Jedermannlauf

Category:

Männer M30

Total time: 27:18

Speed: 10.99 km/h

Running performance: 5:28 min/km

Rank in course/Total: 43 (of 75)

Rank in course/Men: 37 (of 52)

Best time in course: 17:51

Rank in category: 2(of 2)

Best time in the category: 18:48